

Basic Cheese Sauce

Makes: 8 Servings

This recipe uses all-purpose flour to thicken a cheese sauce. Serve this basic sauce over cooked spaghetti or macaroni, or use it as a dipping sauce for vegetables like steamed broccoli or potato wedges.

Ingredients

4 tablespoons margarine

1/4 cup all-purpose flour

1/4 teaspoon salt

1/8 teaspoon black pepper

2 cups low-fat milk (or 2/3 cup nonfat dry milk mixed with 2 cups water)

1 1/2 cups reduced fat cheddar cheese (shredded or American cheese, cut into small pieces)

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	150	
Total Fat	11 g	
Protein	8 g	
Carbohydrates	6 g	
Dietary Fiber	NA	
Saturated Fat	4.5 g	
Sodium	260 mg	

Recipe adapted from Commodity Supplemental Food Program Cookbook